

Abstrak

Fenomena *career anxiety* merupakan permasalahan yang sering dialami oleh mahasiswa tingkat akhir dalam menghadapi transisi menuju dunia kerja. Salah satunya ditemukan pada mahasiswa tingkat akhir UIN Sunan Gunung Djati Bandung Tahun Ajaran 2022. Menanggapi permasalahan tersebut, penelitian ini bertujuan untuk mengetahui pengaruh *parental pressure* dan *career decision making self-efficacy* terhadap *career anxiety* pada mahasiswa UIN Sunan Gunung Djati Bandung Tahun Ajaran 2022. Desain penelitian ini menggunakan rancangan kuantitatif korelasional dengan sifat kausalitas. Sebanyak 301 mahasiswa tingkat akhir (tahun ajaran 2022) menjadi partisipan dalam penelitian ini yang diperoleh melalui teknik *accidental sampling*. Hasil penelitian menunjukkan nilai $F = 89,836$ dengan $p\text{-value} < 0,001$ yang mengindikasikan bahwa *parental pressure* dan *career decision making self-efficacy* secara simultan berpengaruh terhadap *career anxiety*. Kedua variabel tersebut memberikan kontribusi sebesar 37,6% terhadap *career anxiety*. Secara parsial, *parental pressure* berpengaruh signifikan terhadap *career anxiety*, sedangkan *career decision making self-efficacy* tidak berpengaruh signifikan terhadap *career anxiety*. Penelitian ini membuktikan bahwa faktor eksternal mahasiswa memiliki faktor yang mendominasi munculnya *career anxiety* pada mahasiswa tingkat akhir UIN Sunan Gunung Djati Bandung.

Kata Kunci : Tekanan orangtua, Kepercayaan diri dalam mengambil keputusan karir, kecemasan karir, Mahasiswa tingkat akhir



Abstract

Career anxiety is a common challenge faced by final-year university students as they prepare to transition from higher education to the workforce. This phenomenon was also observed among students from the 2022 cohort at UIN Sunan Gunung Djati Bandung. Therefore, this study aimed to examine the effects of parental pressure and career decision-making self-efficacy on career anxiety among final-year students at UIN Sunan Gunung Djati Bandung. This study employed a quantitative correlational design with a causal approach. A total of 301 final-year students from the 2022 cohort participated in the study and were selected using an accidental sampling technique. The findings revealed a significant simultaneous effect of parental pressure and career decision-making self-efficacy on career anxiety ($F = 89.836, p < .001$). Together, these variables accounted for 37.6% of the variance in career anxiety. Further analysis indicated that parental pressure significantly predicted career anxiety, whereas career decision-making self-efficacy did not show a significant effect. These findings suggest that external factors, particularly parental pressure, play a more prominent role than internal factors in explaining career anxiety among final-year students at UIN Sunan Gunung Djati Bandung.

Keyword : Parental Pressure, Career Decision Making Self-Efficacy, Career Anxiety, Final-year students

